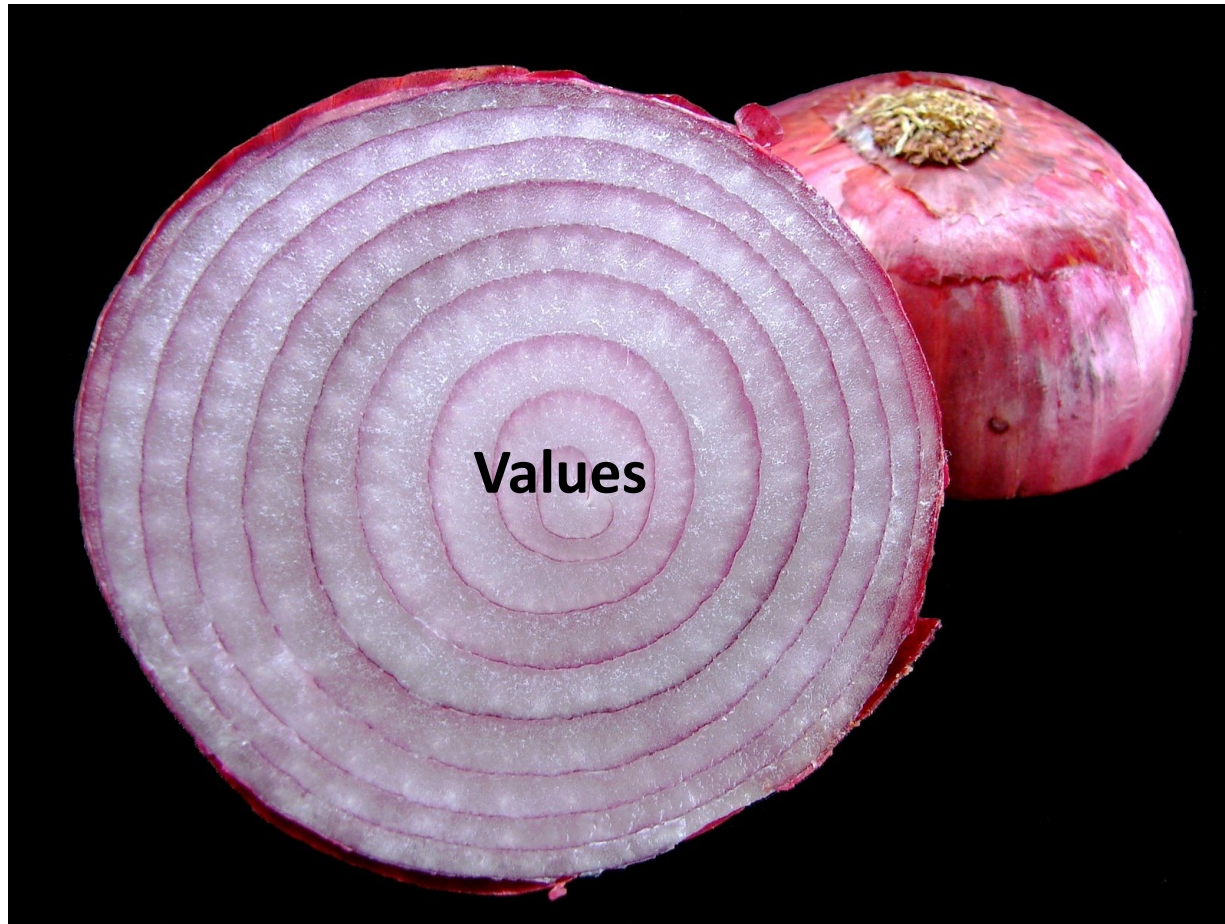


Values

Federal Emerging Leader Development Course

10 May 2022



Values are deep-seated, consistent sets of preferences or feelings of worthiness about individual characteristics or conditions. Values tend to be abstract and personally defined.

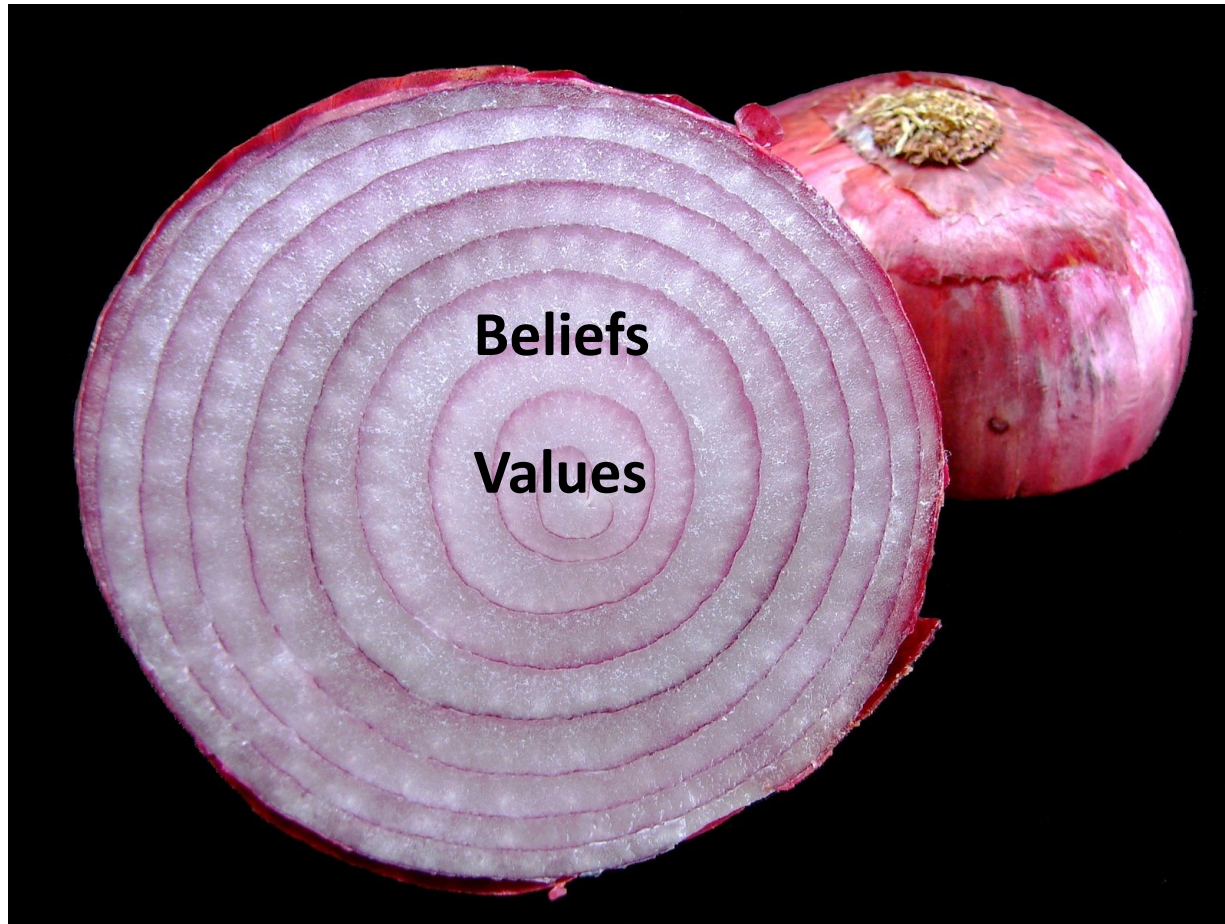
Cultural

Professional

Organizational

Personal / Individual





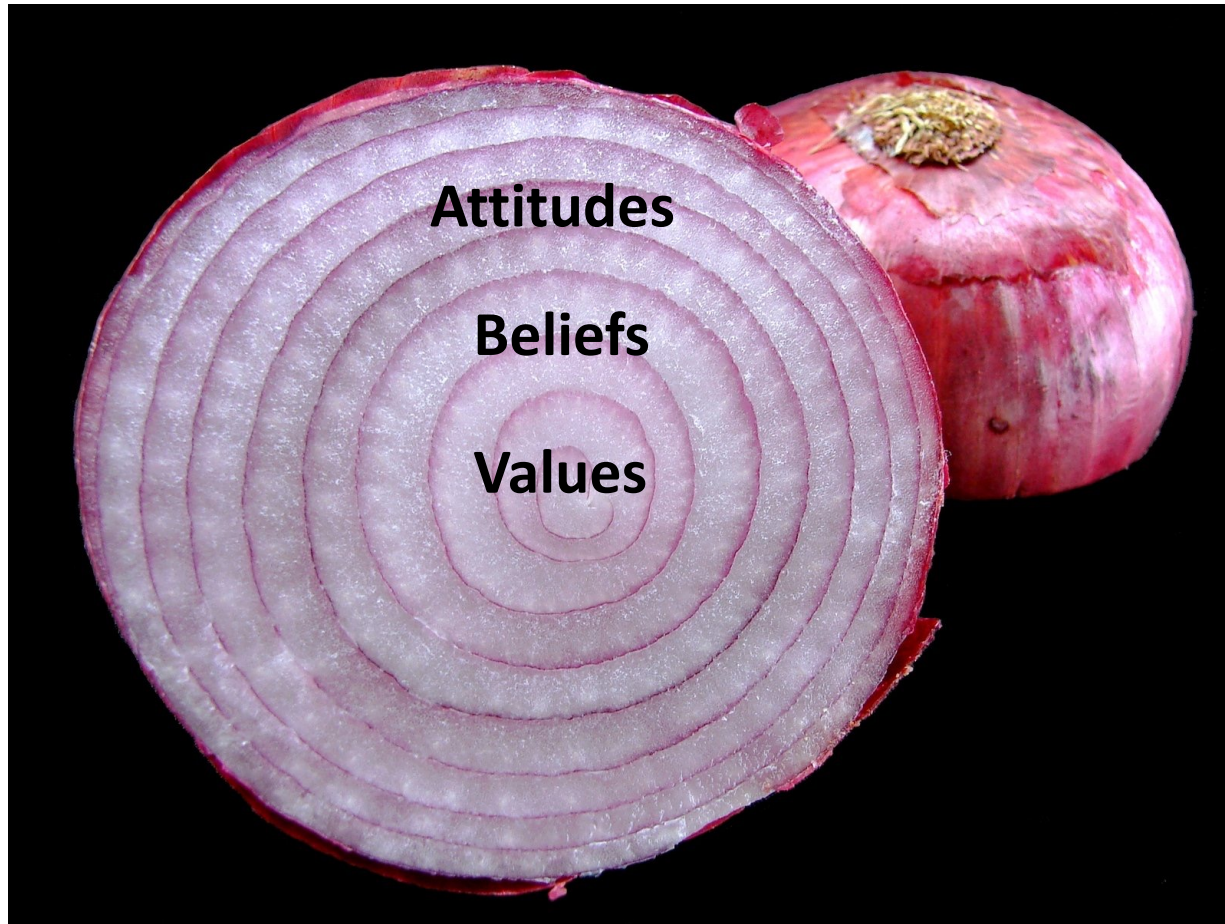
Opinions and perceptions of fact based on one's values and experience. Beliefs operate to provide a person with a frame of reference concerning. "right/wrong and good/bad."

What do you believe??



Why?





A generalized set of beliefs which is focused toward some thing or some person. Attitudes are directional, that is, they have a target.

Attitudes focus the beliefs and values of an individual and result in predispositions or prejudgments.



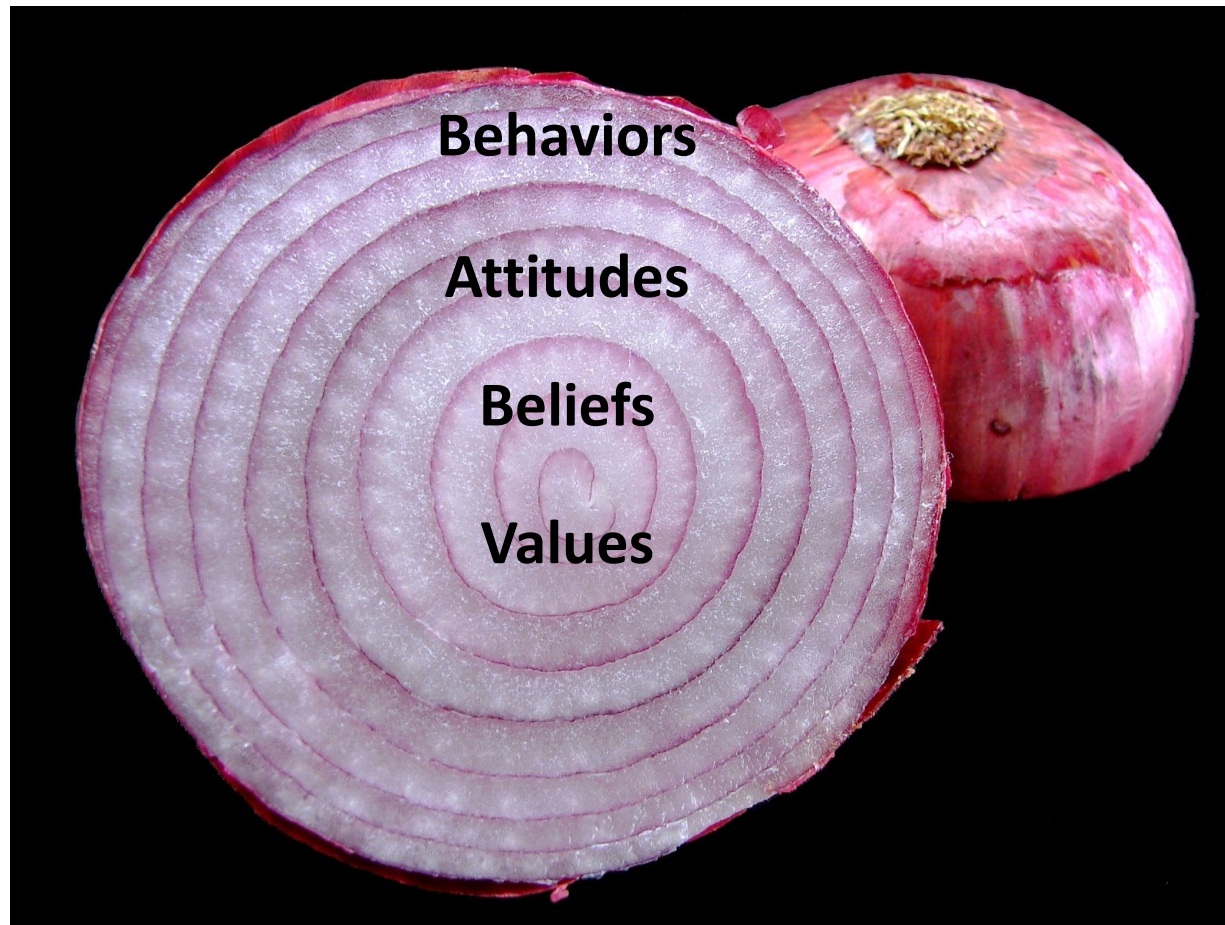
“It is your attitude at the beginning of a task that determines success or failure.”

Corrien Dewlow

“People will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

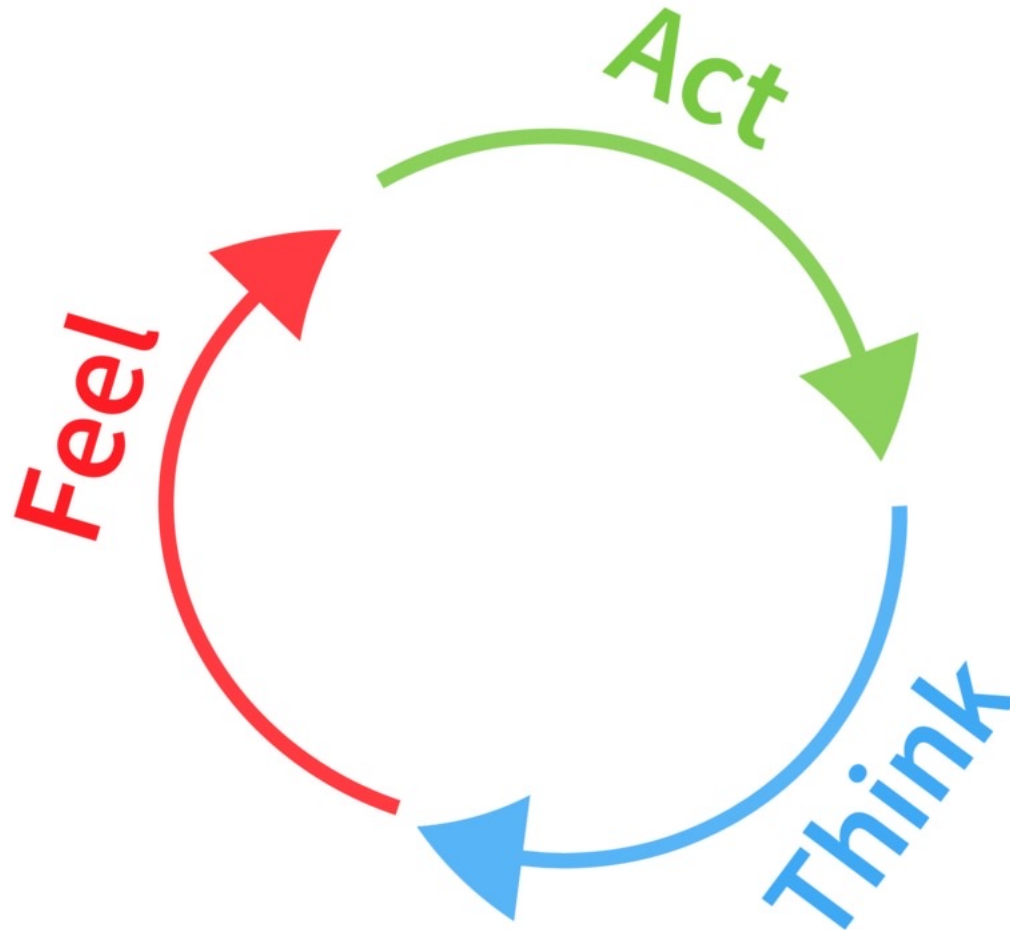
Maya Angelou





In scientific research, human behavior is a complex interplay of three components: actions, cognition, and emotions.

What Exactly is Behavior?



Conscious vs. Unconscious Behavior

- Consciousness is a state of awareness for internal thoughts and feelings as well for proper perception for and uptake of information from your surroundings.
- A huge amount of our behaviors are guided by unconscious processes. Just like an iceberg, there is a great amount of hidden information, and only some of it is visible with the naked eye.



Overt vs. Covert Behavior

Overt behavior describes any aspects of behavior that can be observed, for example body movements or (inter-) actions. Also, physiological processes such as blushing, facial expressions or pupil dilation might be subtle, but can still be observed.

Covert processes are thoughts (cognition), feelings (emotion) or responses which are not easily seen. Subtle changes in bodily processes, for instance, are hidden to the observer's eye.



Rational vs. Irrational Behavior

Rational behavior might be considered any action, emotion or cognition which is pertaining to, influenced or guided by reason.

In contrast, irrational behavior describes actions that are not objectively logical.

Patients suffering from phobias often report an awareness for their thoughts and fears being irrational (“I know that the spider can’t harm me”) – albeit they still cannot resist the urge to behave in a certain way.



Voluntary vs. Involuntary Behavior

Voluntary actions are self-determined and driven by your desires and decisions.

By contrast, involuntary actions describe any action made without intent or carried out despite an attempt to prevent it.



Many of our behaviors appear to be voluntary, rational, overt, and conscious – yet they only represent the tip of the iceberg for normal human behavior.



The majority of our actions are involuntary, potentially irrational, and are guided by our subconscious. The way to access this other side of behavior is to examine the covert behaviors that occur as a result.

Values Drive

Who We Are,

What We Believe,

Our Attitudes, and

How We Behave.